

Live Each Day

Live each day to the fullest. Get the most from each hour, each day, each age of your life.

Then you can look forward with confidence, and back without regrets. Be yourself - but be your best self.

Dare to be different and to follow your own star. And don't be afraid to be happy.

Enjoy what is beautiful. Love with all your heart and soul.

Believe that those who love, love you. Forget what you have done for your friends, and remember what they have done for you.

Disregard what the world owes you and concentrate on what you owe the world. When you are faced with a decision, make that decision as wisely as possible - then forget it.

The moment of absolute certainty never arrives.

Blessed is the generation in which the old listens to the young; and doubly blessed is the generation in which the young listen to the old.

(from the Talmud)

A BLESSING

**May your eyes sparkle with the light of the Torah,
and your ears hear the music of its words.**

**May the space between each letter of the scrolls
bring warmth and comfort to your soul.**

**May the syllables draw holiness from your heart,
and may this holiness be gentle and soothing
to you and all God's creatures.**

**May your study be passionate,
and meanings bear more meanings
until Life itself arrays itself to you
as a dazzling wedding feast.**

**And may your conversation,
even of the commonplace,
be a blessing to all who listen to your words
and see the Torah glowing in your face.**

Danny Siegel

The Lord is a Whisper at Midnight
(Pittsboro, NC: Town House Press, 1985)

May you live to see your world fulfilled
May your destiny be for worlds still to come,
And may you trust in generations past and yet to be.
May your heart be filled with intuition
and your words be filled with insight.
May songs of praise ever be upon your tongue
and your vision be a straight path before you.
May your eyes shine with the light of holy words
and your face reflect the brightness of the heavens...

- Talmud, Berachot 17A

Blessing of the Child

_____,
(the child's name)

*Be who you are -
and may you be blessed
in all that you are.*

May all the gifts hidden inside you find their way into the world,
May all the kindness of your thoughts be expressed in your deeds,
May all your learning lead to wisdom,
May all your efforts lead to success,
May all the love in your heart be returned to you,
May God bless your body with health and your soul with joy,
May God watch over you night and day and protect you from harm,
May all your prayers be answered.
Amen.

Rabbi Naomi Levy

BLESSING FOR A SON/GRANDSON

"This is the day the Lord has made; Let us rejoice and celebrate on it."

We give thanks, O God, for the wondrous privilege of seeing our son/grandson grow day by day, week by week, year by year, and for attaining this milestone. For the strength and health You have given him, for the mind and spirit with which You endowed him, for his ability to elicit and return love - for all these precious gifts, we thank You.

We pray that Your protecting and loving care will accompany him wherever he goes and in all that he does. Grant him a growing understanding of the true significance of this occasion and a deepening loyalty to everything which it represents. Give him the strength to do all the good things that are within his reach. May the teachings of his heritage guide him throughout his life, and may he lead a life worthy of Your blessings. Amen.

BLESSING FOR A DAUGHTER/GRANDDAUGHTER

"This is the day the Lord has made; Let us rejoice and celebrate on it."

We give thanks, O God, for the wondrous privilege of seeing our daughter/ granddaughter grow day by day, week by week, year by year, and for attaining this milestone. For the strength and health You have given her, for the mind and spirit with which You endowed her, for her ability to elicit and return love - for all these precious gifts, we thank You.

We pray that Your protecting and loving care will accompany her wherever she goes and in all that she does. Grant her a growing understanding of the true significance of this occasion and a deepening loyalty to everything which it represents. Give her the strength to do all the good things that are within her reach. May the teachings of her heritage guide her throughout her life, and may she lead a life worthy of Your blessings. Amen.

NO RELIGION IS AN ISLAND

No religion is an island;
there is no monopoly on holiness.
*We are companions of all who revere God.
We rejoice when the divine name is praised.*

No religion is an island;
we share the kinship of humanity,
the capacity for compassion.
*God's spirit rests upon all, Jew or Gentile,
man or woman, in consonance with their deeds.*

The creation of one Adam promotes peace.
No one can claim: My ancestry is nobler than yours.
*There is no monopoly on holiness;
there is no truth without humility.*

We are diverse in our devotion and commitment.
We must unite in working now for the sovereignty of God.
*God is near to all who call upon God in truth.
There can be disagreement without disrespect.*

Let us help one another overcome hardness of heart,
opening minds to the challenges of faith.
*Should we hope for each other's failure?
Or should we pray for each other's welfare?*

Let mutual concern replace remnants of mutual contempt,
as we share the precarious position of being human.
*Have we not all one Creator?
Are we not all God's children?*

Let us not be guided by ignorance or disdain.
Let lives of holiness illumine all our paths.
*The hand of God is extended to all who seek God.
Let our deeds reflect that we share the image of God.*

Let those who revere the Eternal speak one to another,
leading everyone to acknowledge the splendor of God.

-adapted from Abraham Joshua Heschel

Our Celebration

We have gone together to strengthen our bonds with our people Israel. Like Jews of generations past, we celebrate the grandeur of creation. Like Jews of every age, we echo our people's ancient call for Justice.

Our celebration is a sharing of memory and hope

We are Jews, but each of us is unique. We stand apart and alone, with differing feelings and insights. And yet we are not entirely alone and separate for we are children of our people and our heritage.

Our celebration unites many separate selves into a single chorus

And we are one in search of life's meaning. All of us know despair and exaltation, all bear burdens; all have moments of weakness and times of strength; all sing songs of sorrow and love.

May our celebration bring us strength along our way

In this circle of hope, in the presence of the sacred, may the heart come to know itself and its best, finding a fresh impulse to love the good.

May our celebration lead us to work for the good

IF

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you
But make allowance for their doubting too,
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating.
And yet don't look too good, nor talk too wise:
If you can dream-and not make dreams your master,
If you can think-and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken,
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it all on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breath a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on!"

If you can talk with crowds and keep your virtue,
Or walk with kings-nor lose the common touch,
If neither foes nor loving friends can hurt you;
If all men count with you, but none too much,
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And – which is more-you'll be a Woman, my daughter!

Poem by Rudyard Kipling

A Blessing for Children

By Mark Frydenberg from Siddur Chaverim Kol Yisrael

May your eyes see the best in all people,
May your mouth speak wisely,
May your hands reach out to others,
May your feet run to do good deeds,

May you have the patience to learn,
and the spirit to be playful.
May you have the will to imagine,
and the freedom to dream.

May your life be long and happy,
May your good name shine,
May tradition show you the way,
May you find your place in the world,

May there be love in your heart,
and a smile on your face.
May your days be filled with promise
and wonder,
May God grant you Peace.